Anger Management

Presented by
1st Infantry Division
Mental Health Section

Advantages of Anger

- Feelings of Power
- Self-Righteous
- Get people’s attention
- Make them do what you want

Disadvantages of Anger

- Physical Symptoms:
  - Tension
  - Fatigue
- Psychological Symptoms:
  - Remorse
  - Guilt
- May cause fear rather than respect

Understanding Your Anger

- Who controls your anger?
- Who can make you angry?
- Answer: ?

The Answer?

YOU!

Facts about Anger

Anger in *not:*

- ✔ a reflex
- ✔ automatic
- ✔ caused by others

Anger *is:*

- ✔ a result of our thinking
- ✔ a choice
- ✔ controlled by your own thinking

A-B-C Theory of Emotional Arousal

A B

Event Emotion	Consequent
Somebody pushes in line ahead of you	Annoyance Anger

A-B-C Theory of Emotional Arousal

Event	Beliefs	Emotion
Somebody pushes in line ahead of you	Inconsiderate He's a jerk He shouldn't do that	Annoyance Angry

Keys to Controlling Your Anger

- Recognize that your thoughts control your anger;
- Accepting that you alone can control your anger;
- Choosing how much and how long you want to be angry;
- Controlling your anger by controlling your thinking.

Hot Thoughts

- Labeling
  - “That jerk”
  - “That Idiot”
- Mind-reading
  - “She did it on purpose”
  - “He’s trying to drive me crazy”
- Fortune Telling
  - “She will never change”
  - “There is no use in trying”

Hot Thoughts

- Labeling
- Mind-reading
- Fortune Telling

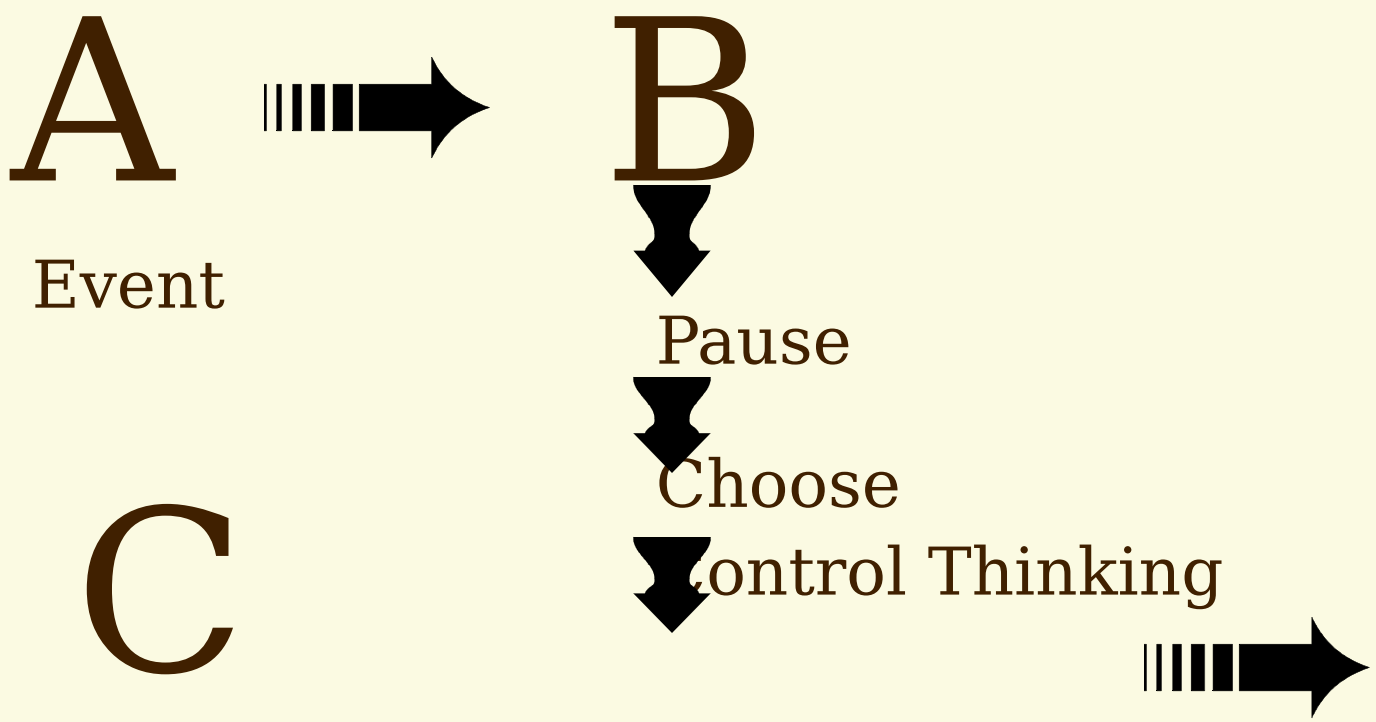
Hot Thoughts

- Catastrophizing
  - “It’s driving me crazy”
  - “I can’t stand it”
- Should Statements
  - “He shouldn’t act like that”
  - “She can’t get away with that”
- Vengeance
  - “I’d like to wring her neck
  - “I want to kill him”
- Hot self talk is the ‘B’ to the ABC’s of Anger

Hot Thoughts

- Catastrophizing
- Should Statements
- Vengeance
- Hot self talk is the ‘B’ to the ABC’s of Anger

A-B-C Theory of Emotional Arousal



Control your anger by controlling your thinking

- Listen to your Self-Talk;
- Identify the hot, self angering thoughts; and
- substitute cooler, more rational self statements.

Cool Thoughts

- Labeling
  - Not: “That jerk”
  - But: “I don’t like what Jack just did”
- Mind-reading
  - Not: “She did it on purpose”
  - But: “I can’t read her mind, so I don’t know why she did it”
- Fortune Telling
  - Not: “She will never change”
  - But: “I can work on my part and hope for the best”

Cool Thoughts

- Labeling
- Mind-reading
- Fortune Telling

Cool Thoughts

- Catastrophizing
  - Not: “It’s driving me crazy”
  - But: “It’s inconvenient, but it’s not the end of the world”
- Should Statements
  - Not: “He shouldn’t act like that”
  - But: “It would be nice if he didn’t act like that”
- Vengeance
  - Not: “I’d like to wring her neck
  - But: Remember that vengeance usually invites retaliation and invites conflict

Cool Thoughts

- Catastrophizing
- Should Statements
- Vengeance